



# GROTON GO Explore!

Children First Groton encourages families to explore Groton with their children.

Learn more about your community by engaging in physical activity, promoting good health and well-being, developing safe and strong families, and actively learning new things.

Promoting HEALTH and WELL-BEING	Developing SAFE and STRONG FAMILIES
Shop at the Farmer's Market. Aug. 13 is Family Day at the Market <a href="#">City of Groton Farmers Market at Washington Park   CT NOFA Farm &amp; Food Guide</a>	Eat a meal together every day. Need ideas for conversation starters? Go to <a href="#">Conversation - The Family Dinner Project - The Family Dinner Project</a> PS. They also have guides on discussing difficult topics with your children.
Cook a healthy meal to eat together with your family.	Bring unused medications to the Drop Box at the Town or City Police station lobby, 24/7. Learn more at <a href="http://www.grotonprevents.org/">http://www.grotonprevents.org/</a>
Track your physical activity for one month. Was it more than 30 minutes a day? Drop your completed log off at the Parks and Rec Office.	Visit your local Fire House for a tour. Get reflective safety vests to wear while walking and biking.
Go on a family bike ride. Get your helmet fitted at City Day and National Night Out.	Make a family emergency exit plan and practice getting to your safe meeting space. <a href="#">Make A Plan   Ready.gov</a>
Collect nonperishable food and donate to Groton Human Services Food Pantry, 2 Fort Hill Rd.	Go on a family bike ride. Remember to wear your bike helmets.
Visit the Health and Wellness Hub at the Groton Community Center.	Contact the <a href="#">Groton Ambulance</a> Association for a car seat check.
Check out the Nutrition Calendar on <a href="http://www.childrenfirstgroton.org">www.childrenfirstgroton.org</a> for daily activities.	Check your smoke detectors and carbon monoxide alarms.
	Attend <a href="#">National Night Out</a> (August 6) to strengthen community bonds, support local anti-crime initiatives, and promote police-community partnerships for a safer neighborhood.
Actively LEARNING NEW THINGS	Engaging in PHYSICAL ACTIVITIES
Sign up for the summer Library Reading Program.	Go to a playground.
Look for neighborhood Pop Up Storytimes during the summer. Sign up for email notifications at <a href="http://www.childrenfirstgroton.org">www.childrenfirstgroton.org</a>	Take a hike. <a href="#">Groton Open Space Association – preserving the natural beauty of Southeastern CT (gosaonline.org)</a> and <a href="#">Connecticut Trail Finder : Explore Every Corner (cttrailfinder.com)</a> will give you lots of ideas.
Make time to read every day. Keep a log and turn it in at the August Groton Go Explore celebration. Sign up at <a href="http://www.childrenfirstgroton.org">www.childrenfirstgroton.org</a> for email notifications.	Dance at a Summer Concert <a href="#">Concerts in the Park   Groton, CT (cityofgroton.com)</a> <a href="#">Discover Summer 2024! (groton-ct.gov)</a>
Explore at the beach or the woods. Bring a bag to collect things, then go look up what they are.	Play a game outdoors- Twister is fun! Hopscotch? Four Square?
Go to a museum- free or discounted passes available at the libraries.	Walk or jog around a track.
Collect a variety of small items. What can you make out of them (popsicle sticks, pom poms, yarn, paper clips, beads, etc.). Post a picture of what you made on the Children First Groton Facebook Page.	Take a family walk every day. How many miles did you walk in a week? Watch for the opening of Groton's Bicycle Bump Track.
	Attend <a href="#">City Day</a> in Washington Park on August 3rd from 5 to 8 pm to engage in fun activities, learn about city services, and connect with community members, promoting neighborhood spirit and strong family bonds.